

परमाणु ऊर्जा शिक्षण संस्था, मुंबई
Atomic Energy Education Society
Session-2023-24

Class: VI

Subject: Science

WORKSHEET NO-1

Name of the Chapter: Components of Food

Name of the Topic : Components of Food

General Instruction

I.Choose the correct option from the following .

1x10=10

Q1. Which of the following is not a nutrient?

- (a) Carbohydrates
- (b) Fats
- (c) Water
- (d) Vitamins

Q 2.Carbohydrates are found in

- (a) rice
- (b) carrot
- (c) lemon
- (d) pulses

Q 3. Composition of fats are

- (a) carbon, sulphur and hydrogen
- (b) carbon, sulphur and nitrogen
- (c) oxygen, nitrogen and hydrogen
- (d) carbon, hydrogen and oxygen

Q 4. Starch can be tested by using

- (a) iodine solution
- (b) caustic soda
- (c) copper sulphate
- (d) Fehling's solution

Q 5. Which of the following are 'energy-giving foods'?

- (a) Fats
- (b) Carbohydrates
- (c) Both (a) & (b)
- (d) None of these

Q 6. Ghee and butter are also called as

- (a) vegetable fat
- (b) animal fat
- (c) mixed fat
- (d) natural fat

Q 7. Protein helps us in

- (a) body building
- (b) making skin soft
- (c) building immunity
- (d) none of these

Q 8. Which of the following are the good sources of plant proteins?

- (a) Nuts
- (b) Fish
- (c) Milk
- (d) Eggs

Q 9. Vitamins and minerals are

- (a) protective food
- (b) energy giving foods
- (c) body building foods
- (d) roughage

Q 10. Which of the following are the good sources of animal proteins?

- (a) Almond
- (b) Soybean
- (c) Cheese
- (d) Walnut

II. Fill in the blanks with suitable word/s.

1x10=10

1. Food substances that provide nourishment to the body are called

2. For proper and of our bodies we need adequate food.
3. gives blue colour with iodine.
4. Meat and eggs are rich in and
5. A violet colour with copper sulphate and caustic soda indicates presence of in the food items.
6. Food containing fats and carbohydrates are called
7. A diet that has the right amount of all the nutrients is called a diet.
8. Carbohydrate which produces blue-black colour with dilute iodine solution is
9. Deficiency of iron in the diet causes a disease called
10. Scurvy is the diseases caused by the deficiency of vitamin

III. Answer the following question in one sentence.

2x10=20

1. Name two plant food items which provide proteins.
2. Name two sources of proteins provided by animals.
3. Which type of food is called body-building food?
4. Name two food items which provide fats.
5. Name various types of vitamins.
6. Name a vitamin which represents a group of vitamins.
7. Name two sources of Vitamin A.
8. Write two sources of Vitamin B.
9. Write two sources of Vitamin C.
10. Write two sources of Vitamin D.

IV. Answer the following questions in brief.

3x5=15

Q 1. While using iodine in the lab, a few iodine drops fell on Paheli's socks, and a few fell on her teacher's saree. The iodine drops on the saree turned blue-black, while their colour did not change on the socks. What can be the possible reason?

Q2. 'Vitamins and minerals are essential in very small quantities by our body compared to other components, but still, they are an important part of our balanced diet. Explain the statement.

Q3. What are the major functions of protein in our body?

Q4. 'Water does not provide nutrients, but it is an essential component of food'. Explain.

Q5. 'More expensive the food, more nutritious it is.' Comment upon this statement. Give examples to support your answer.

V. Answer the following questions .

5x5=25

Q1.. Paheli and Boojho peeled some potatoes and cut them into small pieces. They washed and boiled the potatoes in water. Then they threw away the excess water and fried the potatoes in oil, adding spices and salt. Although the potato dish tasted very good, it had fewer nutrients. Suggest a cooking method for potatoes that will not lower their nutrients.

Q2. Boojho was having difficulty watching things in dim light. The doctor tested his eyesight, and he prescribed a particular vitamin supplement. He advised him to include a few food items in his diet regularly.

- (a) Which deficiency disease is he suffering from?
- (b) Which component of food is he lacking in his diet?
- (c) Suggest some (any four) food items that he should include in his diet,

Q3. What are the roles of

- (a) carbohydrates?
- (b) fats?
- (c) proteins?
- (d) vitamins?
- (e) minerals?

Q4. How can you detect the presence of proteins in a given food item?

Q5. List some diseases or disorders caused by deficiency of Vitamins and minerals and also their symptoms.

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